









## You Can Be Your Own Beauty Doctor

Bu Andre Dupont

opeight, 1912, by The Press Publishing Co. (The New York World). "THIS TOO, TOO SOLID FLESH."

and take a walk with me up the Drive or in the Park," said the Average Girl. "It's much too lovely a day to spend your time indoors." of my daily regimen nowadays."
Walking is what?" said the Girl. "I do

The Woman of Thirty laughed. "You see," she cald, "I have

of exercise this spring, for I am beginning to get a little stout."

"Oh, that this too, too solid fisch would melt!" quoted the Girl.

"That's just the trouble," said the Woman. "It won't melt, and it is a

good deal easier to KEEP it off by proper exercise than to GET it off when once it is on. Of course I want to look as young as I can—every woman does—but there is nothing more aging than superfluous fieth. Etd you ever stop to think that when you are asked to judge the age of a man you first look at his hair, if he has any, and then at the wrinkles around his eyes? But when you judge the of a woman you look to see if she has a double chin."

"Perhaps that's so. The idea never occurred to me," said the dirt.

"Perhaps that's so. The idea never occurred to me," said the diri.
"I am more afreid of a double chin than of my husband's rai tives, or any other tribulations of an up-to-date existence. And, unfortunately, they run in my family. (Not relations-in-law, but in my family. (Not relations-in-law, but in my family and the grandpe's case had melted and run down on his shirt. I knew it had, for that's the way my wax deal looked when I left her in front of the fire. I can remember even now how "I know a woman," said the Girl, "who declared the says." She says all you have."

"How does she look?" said the woman.
"Well, I must confess, she's pretty fat yet."
"That's just the trouble with any woman who thinks herself thin. She is only person who THINKS so," responded the Woman. "But, to return to double chin. It's absolutely fatal to beauty, you know, and I never could understand why so many otherwise good-looking people are content to go around day efter day with a disfiguring fold of fiesh under their chins, when by a little patience and perseverance it could be so easily removed. I haven't much of a double chin yet. But, knowing the family tendency, I am afreedy taking time by the forelook, and the superfluous fiesh is fast disappearing."

ock when I settle myself to sleep, but throw my head back a little. Not enough to be uncomfortable, but just lent to keep the flesh under the chin from sagging. This is very impor-tant; for if you are inclined to be stout You can get a double chin over night by Pring with the chin drooping. Then in the daytime, whenever I get a chance, I give my chin a sort of twisting massage by grasping as much of the seeh beneath it as can be held between the thumb and forefinger and twisting it until it slips out. I do this many moman is very stout she can form the habit of doing this while reading; and

her chin will soon be reduced.

"Another stunt that will help to remove a double chin is to tip the head drep it as far forward on the collar-hone as the head can be carried. If the flesh of the chin is flabby it should be

movement, not a jerk, and then red with an astringent cold cream. You can make a very good one for this ose by taking three quarters of an punce of glycarine; two ounces of mut-

rits of camphor, one eighth of a dram of Russian isingless, one eighteenth of dram of powdered alum and quarter of an ounce of ross water." "Thank you," soid the Girl. "Perhaps in ten years' time I'll need to try St.



To Get Acquainted.

"A. S." writes: "How shall I get ac-quainted with a young man whom I have seen around my neighborhood and in high school?"

I should think it would be very sim-ble to find some mutual friend who would introduce him to you.

I am afraid you must take it for cares?"

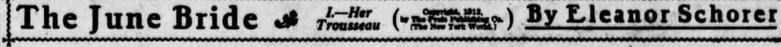
I see no reason why he should concare for your attentions.

"C. M." writes: "For three months I "C. M." writes: "For three months I have been paying attention to a girl, "R. S." writes: "What is the correct and the other night I proposed to her. initial for a bride to put on her linen?" She said she liked me as a friend, but She generally uses the last initial of that was all. How shall I win her love?" her mades, name, and sometimes her Kees on with your attentions and sail monogram.

when she knows you longer very likely she will care for you.

"J. H." writes: "I have just met a "J. H." writes: "I have just that a to the work white it task for twenty hours daily to see the young man for two years. Would I be sick and the youngement for two years. Would I be sick and the wronging him if I asked the girl out for. She was present at the operations to give heart and courage to the suf
His Offense. No, unless she is engaged to the young man.

tinue to wrote you untruths. Perhaps in your presence he is bashful.





in pretty Bessie's heart as she gazes upon her new-completed troussean; while Love peers softly from behind a heap of dainty ELEANOR SCHORER.

### Epoch Makers in Medicine

Absolutely Correct.

Willing to Grow.

DUBING McElishey's administration flowed Carter of Montana told this story at Washington gathering:

A Chicago man appeared at the White Houses and appeared at the White Houses and Appeared at the White Houses and Appeared to Reselli.

S MNATOR RAILET of Tense was once a men of a committee to examine candid for admission to the bur in Delias Cou and, after the examination, he recorded to

By J. A. Husik, M. D.

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ring in the name, Piorence Nightin gale. And an angel indeed Flor-

ence Nightingale proved herself to

went up that was the result of the reports sent home

from the seat of war of the awful suf-ferings of the sick and the wounded among the seldlers of the large army that was engaged in the conflict. Florshe offered her services to the nation and volunteered to go to the scene of battle. She started out in October, 1854, with thirty-seven nurses; reaching the country of the services to the scene of the started out in October, 1854, with thirty-seven nurses; reaching the country of the services. He tells one:

During a coal strike in Branton, Pa., man; During a coal strike in Branton, Pa., man; During a coal strike in Branton, Pa., man; poor soldiers that fell at Balakiava.

Miss Nightingale's work here at the barrack hospitals of Scutari present one of the finest stories of human achievement and is a bright page in human history. She gave herself body and soul to the work and would continue at her task for twenty hours daily to see the slok and the wounded properly cared

ferers.
At night, lamp in hand, she would leve with a girl, but six months ago che moved away from our neighborhood. I met her once since but she was very cool and wouldn't give me her present be writes to me he says he loves me. But he never easy this when he comes the wildness and cheer. In a very short time Mirs Nightingale had thousands of life."

At night, lamp in hand, she would make her lonely rounds through the "Why, Judgs, your reads are so round here a man couldn't go for the writes to me he says he loves me. But he never easy this when he comes sick soldiers under her care. It is said to see me. Do you think he really that within several months after her to see me. Do you think he really that within several months after her and we find re guilty of attempted suicid arrival the mortality among the sick dollars, if you please. "House to write you within the first of the sick dollars, if you please." Harper's Weetly. arrival the mortality and the low figure fell from 42 per cent. to the low figure of only 2 per cent. Her work saved the lives of thousands of friendless soldiers and established for all time the noble to be the Senstor from the Contemnal Hasis, art of trained nursing.

SARAH PLATT DECKER of Denver wants and established for all time the noble to be the Senstor from the Contemnal Hasis, art of trained nursing.

Florence Nightingale was born in 1820 as Florence, Italy, the city whose name answer reedy to whatever question is put to be the street care of Denveronce. Italy, the city whose name is never to the contemnal to the conte

List on, obsering angelt" This FLORENCE NIGHTINGALE—"Mother of Trained Nursing." ing work. She studied and examined to different hospitals, asylums, reis the popular anagram the English people have made by a showed her love of nature and animals, they were sick children. As a young rearrangement of When she played with her dolls she woman she was brought to London, would nurse and bandage them as if

### The Day's Good Stories

Battle-Scarred Humor.

English were engaged in the Crimean war a cry went up that

we not up that stirred the whole of Engiand. The cry or reports sent home roports sent home rof the awful suffered the wounded and the wounded "These who have the worst horses, siz," "Those who have the worst horses, siz," "

formatories and charitable institutions in London.

She studied for six months at the Institute of Protestant Deaconasses at Kaiserworth, where she learned thoroughly all the details of hospital management. From there she went to Paris to tearn the French system of nursing. Her first opportunity to do epoch-making work came during the Crimean war. During her labors there she felt sick with fever, but clung to her post of duty and remained till the end of the war.

All England was proud of Florence Nightingale. A man-of-war was fitted

During the civil war and the Franco Pressian war she was officially con suited by the governments concerned.

In 1907, in recognition of her services
King Edward VII. conferred on her the
Order of Merit. She died in August,
1910, a truly great woman and a benefactress of mankind.

A Queer Contest.

The pupils of a girls' high school in a Pennsylvania town had a bread making contest the other day. It was a great success, for the druggists and doctors of the town did a rushing business the naxt day. One of the bakers in the town got hold of one of the soggy, sour, half-baked high school loaves and put it in his show window as an awe-inspiring example of what bread should not be like.—Baker's Weekly.

Helen rose angrity. There was both indignation and reproach in her voice. "It's shameful to try and belittle high in the world."

The swample of what bread should not be like.—Baker's Weekly.

"You!"

"Why yes—er—you see, I was with him. He pushed her to shore. Simplest thing in the world."

The two strange young men, notwithstanding the unaccounted-for absence of the ob-ject of Helen's quest, began to ourage, and you say you're his deshign in a different tone:

"The swample of what bread should not be like.—Baker's Weekly."

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# OFFICER

A Fast Moving New York Story

CHAPTER XIV.

Travers's best friend, I should like to know just what you think of it."
"Well, then," said Travers Gladwin desperately, "if you must know the truth, I don't like it."
"There!" breathed Sadie, everjoyed, and dropped back in her chair.
But Helen Burton was far from placed.
"You don't like what?" she domanded.
"You don't like what?" she domanded.

"Why—this thing to-night,"
"You wouldn't say that if
Mr. Hogg," the indignant

By Barton W. Currie Based on the Successful Farce of the Same Title

years," said that young man in a hottow with wonder.

"And only known him two we out in Walter Jarma. "By Joss must be one of those retractive mates."

Mar.

All England was proud of Florence Nightingale. A man-of-war was fitted up to bring her home and a great demonstration was prepared for her reception. But like many truly great persons, she disliked society and shew. Travere Gladwin felt a sharp pang of she had been beautiful or some one mand unrecognised eams to England and slipped away to her country home.

The English nation raised 50,000 pounds for her in recognition of her services. This money she used to establish schools for teaching scientific nursing at St. Thomas and at King's College Hospitals. London. In 185 she wrote a hook, "Notes on Nürsing," which laid down the fundamental principles of what was soon to become an honey and noble profession. Her advice on hospital construction, and esanitation was sought both at home and abroad. During the civil war and the Franco-Prissian war she was officially consulted by the governments concerned. Believe the service and the fine of the condition of the profession. Her advice on hospital construction and esanitation was sought both at home and abroad. During the civil war and the Franco-Prissian war she was officially consulted by the governments concerned. Believe to the sack the control of the

"The was so fat she couldn't sink."

Helen blurted this out involuntarily.

"That's dreadfail" exclaimed Whitney her."

Barnes, and Helen rewarded him with a smile of gratitude.

CHAPTER XV.

Herolam, Love and Something

Flag.

"You!"

"Tou!"

"You!"